

How to be Healthy and Beautiful

by Mrs. Henry Symes

How THOUGHTS AFFECT the BEAUTY of the FACE



Plenty of cereals should be eaten

Medicine that may blacken should be taken through a tube

Various Kinds of Baths That Promote Health

By Dr. Emma E. Walker

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 N. 1001 of the most charming of modern men takes you to the little hero who came out of his sick bed to be in the dust of the road in the sunshine, and was found there in his first peaceful sleep by those who had repaired of his life.

Few of us realize the wonderful health-giving power of the sun's rays. It is well known that people who live in sunless rooms are never really well. I have heard that the insurance rate is higher in the case of a man who spends his days in a sunless room than in the case of a man who spends his days in a sunless room.

If you go into a hospital, you will see that the wards are exposed to the sun and air. The effect of dark living rooms on the work of the body is very noticeable. Sunlight is a powerful disinfectant and sterilizer. Sun rays have a wondrous effect. Either a part of the body may be exposed or the whole.

For the thin, pale girl the sun will work wonders. And as a remedy for insomnia it is invaluable. It causes abundant perspiration, which is a great cleanser of the body.

The general method of taking a sun bath is as follows: In our climate the sun bath room should have a southern exposure, with generous opening windows. The patient should lie on the couch, uncovered, or with a covering of thin crease cloth. A cot is really better than a couch. The cot is placed in front of the window. Care should always be taken to protect the head from the direct rays of the sun.

The proper length of the bath varies according to different factors, chief among which is the physical condition of the individual. The very feeble often cannot well bear more than five minutes' exposure, while the robust can stand it for three-quarters of an hour.

Of course, the intensity of the sun's rays must be taken into consideration. Another factor is the extent to which the body is exposed. There is nothing more strengthening to one convalescent from a long siege of fever like typhoid, or from influenza, than a sun bath.

The specific effects of a sun bath are many. It is a decided tonic. It acts beneficially on the nervous system and upon all the vital functions. It is valuable not only in health, but in disease as well.

Mild used for baths generally contains salting and saline substances. These stimulate the circulation of the skin. It is said that the constituents of the mud simply act upon the skin, and are not absorbed by it. The patient lies in a tub filled with this mud, which is about as thick as mush. It is generally employed in cases of gout and rheumatism.

The effect of cold air on the body is about the same as that of cold water, though it is less severe. The refreshing effect of this bath can be realized from the delight with which we hail an evening breeze on a hot summer day. This effect accounts for the use of the fan.

Cold air is a powerful tonic. One of the first to call attention to the benefits of this bath was Benjamin Franklin. He used to walk about in his room at night before retiring after his clothing had been removed.



Cultivate cheerfulness

An hour with your favorite book of poems is helpful

Ugly thoughts destroy beauty

PERHAPS few of us realize that nothing so quickly affects the beauty of the face as one's thoughts. But this is true, nevertheless. If you want to become possessed of a beauty which is more than skin deep, cultivate beautiful thoughts and acquire a beautiful mind, which will surely reflect in your face and give you a beauty of expression which time and age cannot mar.

A woman who is qualified to talk on this subject says that she has found a beautiful book of poems to be a beauty-therapist far more beneficial than all the advice recommended by beauty specialists.

After a hard day's work, or when threatened with an attack of the "blues," she always turned to a beautiful poem to—as she expressed it—put her thoughts in order.

In this way her mind was ennobled with beautiful thoughts, which penetrated the whole being. The outward effect was soon perceptible. It showed in the poise of her head, the light in her eyes and even in the tone of her voice. There is no doubt that ugly thoughts destroy beauty. Many women who are not beautiful owe their condition to ugly, gloomy thoughts. They allow themselves to dwell on trifling annoyances and commonplaces, never seeking to elevate themselves and their thoughts above the dreary monotony of common, everyday existence.

Try cultivating a cheerful expression instead of a gloomy one, even if it is an effort; just making the effort is a step in the right direction.

When you rise in the morning form a resolution to make the day a happy one to a fellow-creature. It is easily done—a left-off garment to the woman who needs it, a kind or encouraging word to some one-trifles in themselves light as air; but they will have an everlasting and beneficial effect on the recipient and secure for you beauty which is not merely a skin-deep affair.

So guard your thoughts, since they are the die which stamps your face. Try these simple rules of hygiene and beauty: Be careful what you eat and drink and how and when you do it. Breathe deeply of pure, fresh air. Walk in the sunlight when possible, and keep your mind in such a condition that only beautiful thoughts will be reflected in your face.

There was no mutton tallow in it. Will you be kind enough to publish that again as it was the finest cream I ever used? I thought I kept the formula, but cannot find it.

Orange-Flower Cream.
 White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; sweet almond oil, 2 ounces; orange-flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 2 ounces.

Melt the wax and spermaceti together, take off the fire and beat until nearly cold, adding little by little the benzoin and, lastly, the orange-flower water.

Wants to Stain Skin.
 Could you kindly give me a formula of a lotion for staining the skin dark brown that is not injurious to use and will not wash off readily?

I have no formula for lotion that will stain the skin dark brown, but advise you to write to a reliable doctor in cosmetics, who will be able to furnish you with what you desire.

To Round Out the Wrists.
 In your reply to some one who asked how to plump their wrists, you told them to use a good skin food to use? I would like to know my arms and neck. M. S. S.

Orange-flower cream, formula for which is frequently published in this department, is an excellent skin food. Cocoa butter is very good for building up the tissues of the skin, but should not be used when there is a tendency to growth of superfluous hair.

To Whiten the Neck.
 I notice that you give peroxide of hydrogen for whitening the neck. Will you please tell me if the neck will remain white, or if in time the skin will become dark from using the peroxide of hydrogen? My neck is very yellow, and cream does not seem to whiten it at all.

After the skin has been bleached with peroxide, it usually remains white for some time.

How to Apply Henna.
 Will you please tell me through your columns how henna should be applied to the hair? Should the hair be diluted with water or applied by itself?

Henna may be applied in several ways: the simplest and easiest way for the amateur is to use a tea made of the leaves of henna to a quart of water, and boil the whole down to one pint. The stain should be applied to the roots of the hair with a small brush; a clean toothbrush will answer. Next, with an ordinary hairbrush, distribute the henna through the hair evenly. Dry thoroughly afterward, either in the sun or by heat.

Skin Very Sensitive.
 I have noticed several valuable suggestions in your beauty columns and I am writing to ask you if you can help me. My skin itches every time I take a bath, and I have tried several kinds of soaps and have thoroughly rinsed myself after

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Found Exercises Beneficial.
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Lying in a pure air promotes appetite and aids digestion, and its beneficial effects are quickly felt by those who try it.

The sun bath is also of value, and can be easily taken at the seashore. When the sun is very hot, the head should be protected by a cool cloth. When the skin is inactive, as is often the case in dyspepsia, this bath is very useful.

The indoor air bath is well accomplished by active exercise. It is well to have the temperature from 56 to 60 degrees. It may be much lower if the body is protected by a woolen blanket. In order to get the best effects it should be combined with a sun bath.

To Remove Freckles.
 I wrote to you some time ago for advice. Not seeing anything in print that I asked for, I like the paper in order to get some of your recipes. Among them was something to remove freckles. I like the top skin right off, without rubbing it. Also, something to keep them off in the summer months.

I do not recommend any preparation for freckles that will remove the outer skin. The following paste has proved effective in cases of stubborn freckles. There is no absolute preventive from freckles. However, by way of preventing exposure to sun or wind, rub in a good cold cream, wipe off with a soft cloth and dust over with a good toilet powder.

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Excessive Perspiration of Feet.
 I am a constant sufferer of your department, and would like to have you inform me if the use of glycerine on the face will produce hair. My face chaps easily, and I would like to know if you have a formula for perspiration feet. Some time ago you published a recipe in this department for perspiration feet. I think it was excellent, but I have lost it. I think it was: Anythin, one dram; oxide of zinc, one dram; boracic acid, one dram. Now, I would like to know if you remember it, and if this is correct?

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 Tannic acid, eight grains; bay rum, four fluid ounces.

Mother Asks Advice.
 I have a little girl 2 years of age, whose hair is very thick but is excessively short. I wash it every morning, but it does not grow any longer. I wish you would help me in this matter. If you could let me have some recipe, I should be greatly obliged.

MAHEW.
 If the child's hair is thick, it shows that it is in good, healthy condition, and it will not doubt grow longer in time. Washing the hair every day is entirely too often; once in several weeks is quite sufficient. Keeping the ends trimmed promotes a healthy growth.

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